

NEW!

P.A.C.E Class

Exercise With Your Baby!



P.A.C.E.- Parent And Child Exercise! Join us for an exciting new workout for you and your baby! P.A.C.E. provides a one-hour total body workout intended for parents and babies...together! The class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool-down, mat exercises, and stretching...along with songs and fun for your baby. With P.A.C.E. you have the advantages of: Working out with your baby-no day care needed! * Support and motivation of other parents/caregivers!* A stimulating learning environment for your child!* An invigorating, challenging workout for all fitness levels-you set your own pace. This program recognizes the importance of incorporating kids into a fitness routine for the purposes of convenience, fun, and setting a good example for them to follow. (Please bring a stroller that is not prone to tipping, water, towel, and snacks for baby as appropriate. Child must remain seated and buckled in stroller throughout the workout until the final 15 minutes for safety reasons.)

Monday, Wednesday, Friday
9:45am - 10:45am

Classes Start February 12

Register @ The Greenwood Community Center